



InfiniSynechis Volume 2, Issue 4, April 2020

US ISSN 2689-3177

*Welcome to the 4th issue, Volume 2, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

*The Fundamental Things **

Embracing Change

One way or another the current Corona virus pandemic has affected everyone. Its appearance and global spread is a shock into the normal routines we are accustomed.

All of a sudden, we are confronted with an unknown enemy, but is it really an enemy?

Because the virus is new and relatively unknown, and deaths from complications arising from exposure to it, it engenders fear.

Fear of our own mortality. It asks us to face it.

Perhaps it would be good for us to "know" the enemy

This is what is now known about COVID-19:

*The National Center for Biotechnology Information published the following:
Features, Evaluation and Treatment Coronavirus (COVID-19)*

*The Washington Post shared this article:
The coronavirus isn't alive. That's why it's so hard to kill.*

*From Genetic Engineering and Biotechnology News
COVID-19's Self-Replication Machinery Exposed to Drug Designers*

*The original Science article is here:
Crystal structure of SARS-CoV-2 main protease provides a basis for design of improved α -ketoamide inhibitors*

*Dr. Gregg Braden created a very good visual presentation on Youtube, except that SARS-CoV-2 is a single stranded + RNA virus and so replication is a little bit more complex than was presented.
Nevertheless it is a good visual presentation. If interested search Youtube for Truth and Fiction Coronavirus | Gregg Braden*

On another facet, the spiritual, perhaps the current crisis is a call to Self inquiry.

*On Youtube, search for:
Spiritual Response To Corona Virus - COVID 19 by Swami Tyagananda || 3
Mandatory Things You Must Do*

*Lastly, the Bene Gesserit litany against fear in Dune by Frank Herbert
"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain."*

** "Without a serene, pure and firm heart, the truth cannot be grasped directly as it is. A brilliant intellect may discourse about it, as to it's realization, a disciplined mind is required." in "Essays in Zen Buddhism" by*

Daisetsu Teitaro Suzuki.

Philanthropy

Notable Philanthropists:

The following public personalities have pledged that the bulk of their fortunes will be left to the charity of their choice rather than their children when the time comes:

Sir Elton John, Ashton Kutcher and Mila Kunis, and the current Mr. Bond, Daniel Craig.

Although Mrs. Helmsley of New York was generally disliked by the press earning her the title "Queen of Mean", she left the bulk of her fortune to charity when she passed away in 2007.

Business Insights*

Fundamentals of Being in Business

Business Perspectives

There is a fundamental shift in the global economy at this time. We simply have to weather it. As with everything:

"And this too, shall pass away"

Commentary

Follow your passion, find your niche.

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